

# American Stroke Foundation



REVIEWED

## General Information

### Contact Information

<b>Nonprofit</b>	American Stroke Foundation
<b>Address</b>	6405 Metcalf Avenue, #214 Overland Park, KS 66202
<b>Phone</b>	(913) 649-1776
<b>Fax</b>	913 649-6661
<b>Website</b>	<a href="http://www.americanstroke.org">www.americanstroke.org</a>
<b>Facebook</b>	<a href="https://facebook.com/amasf97">facebook.com/amasf97</a>
<b>Twitter</b>	<a href="https://twitter.com/">twitter.com/</a>
<b>Email</b>	<a href="mailto:jane@americanstroke.org">jane@americanstroke.org</a>

### At A Glance

#### How to donate, support, and volunteer

Visit our website at [americanstroke.org](http://americanstroke.org) and click on Donate. You can also mail a check to 6405 Metcalf Avenue, #214, Overland Park, KS 66202, or call us at 913-649-1776 to donate.

# Mission & Areas Served

## Statements

### **Mission Statement**

The American Stroke Foundation empowers stroke survivors and their families to overcome the challenges of life after stroke.

### **Background Statement**

The American Stroke Foundation (ASF) provides post-rehabilitation wellness programs to underserved and underinsured survivors of stroke, regardless of their ability to pay. The ASF takes a holistic approach to working with stroke survivors, offering programs that address their physical, cognitive, social and emotional well-being. Other post-rehabilitation programs do exist, but they address individual pieces of recovery, such as fitness, speech, or occupational therapy. The ASF is one of very few organization in the U.S. to take this comprehensive approach to recovery and wellness following a stroke.

The ASF partners with community healthcare professionals, volunteers and student interns to address the ongoing needs of stroke survivors when acute hospitalization and rehabilitation end. Since its inception in 1997, the ASF estimates that it has provided programs and services to more than 2500 stroke survivors in the Kansas City area, and has offered information and support to hundreds of others across the country.

The American Stroke Foundation provides programs for stroke survivors who have depleted insurance benefits, but wish to continue working on skills for independence in daily life. We also serve the needs of family members, providing social support and hope for the continued recovery of their loved one. We nurture, challenge, and support stroke survivors and their family members as they work to get on with their lives.

### **Impact Statement**

Accomplishments:

1. In August of 2016, we formed a partnership with Sylvester Powell Community Center in Mission, Kansas in order to better serve stroke survivors in Johnson and Wyandotte counties and surrounding areas. This provides more exercise equipment options, a walking track to increase endurance, and added aquatics to our programming which we now have at all three wellness centers.
2. We continued to streamline our curriculum, and worked to increase community awareness for our "Next Step" program to reflect our goal of empowering stroke survivors to take the next step toward independence.
3. We increased participation at our new Blue Springs location in partnership with the Greater Kansas City YMCA to offer our programs to stroke survivors in Eastern Jackson County. We now have an active group of survivors who participate in ASF programs at the Blue Springs Family YMCA. Water exercise continues to be a crowd favorite.
4. In a continued effort for stroke survivors to become reintegrated into regular community life, we have added a "giving back" initiative to our program efforts. Stroke survivors are giving back to their community by volunteering at other non profit organizations. They enjoyed sacking groceries at a local food pantry and sorting and labeling books for an organization that gives books to children in need. Attending museums, a baseball game and an area play have also empowered stroke survivors to gain confidence and regain independence.
5. We opened a third location to build upon the success of our partnership with the YMCA and to better serve the under served. We are now offering programming two days a week at the Cleaver YMCA. It is a great facility and stroke survivors are improving their minds with cognitive exercises. Additionally they are strengthening their bodies and improving balance with supervised water exercises and utilizing the YMCA fitness equipment.

Goals:

1. Increase capacity to serve stroke survivors.
2. Increase participation by expanding outreach to area hospital rehabilitation units, social workers and healthcare professionals.
3. Continue to improve, develop and standardize our programming with the long term goal of replicating the Next Step programs throughout the region.
4. Increase funding to sustain the additional program locations by developing relationships with area foundations, individuals and corporate partners.

## **Needs Statement**

The ASF has a variety of financial needs:

### 1. Scholarships to subsidize participation fees

Stroke often causes significant financial hardship for survivors and families, and often they are unable to pay even the modest participation fee for the programs offered at the ASF. \$780 will sponsor one stroke survivor for a full year of ASF programs.

### 2. Stroke-friendly exercise equipment

Exercise equipment specially fitted with supports for stroke survivors with partial paralysis is needed as we expand our program sites. Costs range from \$500 for a stationary bicycle to \$2000 for a NuStep recumbent bike.

### 3. Program materials

Many of our activities require materials, such as paper, paint, and glue for art therapy classes, food items for cooking classes, and notebooks for communication classes. Items currently cost approximately \$250-\$350 per month between our 3 locations.

Volunteer Needs:

- Volunteers are needed to secure sponsorships and provide support for our Stroke Walk held each in September.
- Volunteers are also need to answer the phone several afternoons each week.

## **Board Chair Statement**

The American Stroke Foundation is committed to providing a diverse clientele with total accessibility to post-rehabilitative services following a stroke. To that end, we have three Stroke wellness centers, one in Mission, Kansas one in the Blue Springs Family YMCA in Blue Springs, Missouri and a third at the Cleaver Family YMCA in Kansas City, Missouri. Our partnership with the Y allows us to provide our programs in a financially responsible manner, sharing the resources of the Y to expand our reach to more stroke survivors.

The board and staff of the American Stroke Foundation reflect the diversity of our clientele and the broader community. Our Board is by necessity very active in supporting the activities of the Foundation; it is a working board because our staff is so limited. Our goal for the coming year is to be able to increase our funding so that we can sustain our growth in a fiscally responsible manner.

## **Service Categories**

Centers to Support the Independence of Specific Populations

Community Health Systems

Community & Neighbourhood Development

## **Areas of Service**

### **Areas Served**

**Areas**

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MO

KS

MO - Jackson County

MO - Clay County

MO - Platte County

KS - Wyandotte County

KS - Johnson County

KS - Wyandotte County Urban Core

MO - Clay County

MO - Eastern Jackson Co

MO - Jackson County

MO - Liberty

MO - Platte County

# Programs

## Programs

### Wellness & Fitness Program

<b>Description</b>	The Wellness & Fitness Program is structured to the needs and abilities of the stroke survivor. Participants perform aerobic activities using seated exercise bikes two or three times per week. Each participant's blood pressure and heart rate are checked prior to the workout session. As part of our Wellness initiative we also have balance classes and water exercises at our 2 YMCA locations as well as our third location at Sylvester Powell Community Center in Mission, KS.
<b>Category</b>	Health Care, General/Other Preventive Health
<b>Population Served</b>	Elderly and/or Disabled, ,
<b>Short-Term Success</b>	Persons with long term disabilities resulting from stroke can still gain benefits from regular exercise.
<b>Long- Term Success</b>	Assessments are conducted annually to measure improvements in cardiovascular fitness and physical fitness.
<b>Program Success Monitored By</b>	Evaluations are conducted annually and will show improvement in cardiovascular fitness and physical performance.
<b>Examples of Program Success</b>	Seeing individuals who are ready to transition to a higher level of exercise.

### Verbal Communication

<b>Description</b>	Continuous class for persons with speech disabilities to experience a feeling of natural conversation taking place around a table of friends discussing a variety of events from planning a vacation to discussing current events.
<b>Category</b>	Health Care, General/Other Rehabilitation of Language & Speech Disorders
<b>Population Served</b>	Elderly and/or Disabled, ,
<b>Short-Term Success</b>	Continuous assessment of client from time of admission.
<b>Long- Term Success</b>	Client evaluation takes place at least yearly. At annual evaluation 75% of participants will show improvement based on attendance
<b>Program Success Monitored By</b>	Client evaluation takes place at least yearly. At annual evaluation 75% of participants will show improvement based on attendance.
<b>Examples of Program Success</b>	Individuals being able to complete sentences, voice strengthening, and conversation. Utilization of communication skills in a group setting that encourages conversation about everyday activities

## Activities of Daily Living

<b>Description</b>	Following a stroke, individuals may need to learn to adapt to their situation - this may learning to write again using a non dominant hand, learning to read again or re-learn math skills. It might also mean that the stroke survivor needs to practice household tasks such as cooking and cleaning, and personal care such as dressing and personal hygiene. This program uses adaptive equipment, cognitive games and learning aids, field trips and activities, and the skills of OT interns and an occupational therapist to set, meet and revisit goals to regain the greatest independence and re-integration into the community and family life that is possible.
<b>Category</b>	Health Care, General/Other Rehabilitation Services
<b>Population Served</b>	Elderly and/or Disabled, ,
<b>Short-Term Success</b>	85% will report increased satisfaction with their situation and their adaptation or successful improvement to it.
<b>Long- Term Success</b>	Continuous assessment of client from time of admission to meet client hopes and need
<b>Program Success Monitored By</b>	Client re-evaluation takes place yearly
<b>Examples of Program Success</b>	Individuals learn to write, dress, cook and clean again using a nondominant hand. They learn math facts and practice reading comprehension. Their abilities to do these things improves, or they become increasingly able to focus on the things they can do through adaptation and less focused on what they are not able to accomplish.

## Caregiver Support Group

<b>Description</b>	Caregivers meet in a safe environment to share their feelings, frustrations, conflicts, joys and experiences. This program provides a safe environment for the caregivers to give and receive emotional support and encouragement.
<b>Category</b>	Human Services, General/Other Family-Based Services
<b>Population Served</b>	People/Families with of People with Disabilities, ,
<b>Short-Term Success</b>	To provide emotional support for those caring for a loved one without judgment.
<b>Long- Term Success</b>	The Foundation's goal is for caregivers to increase their quality of life in a historically disadvantaged and disabled population. This program has been measured by decreasing their level of depression. Our success is measured by: Performance and Quality of Life, using a short form—36 Healthy Survey standardized questionnaire and the Beck Inventory II Depression Scale to document coping strategies and depression.
<b>Program Success Monitored By</b>	Participants receive baseline interview and follow-up testing using the following tests and measures: Indicators of Depression and Indicators of Perceived Stress/Quality of Life.
<b>Examples of Program Success</b>	The American Stroke Foundation is proud to present this innovative program that is filling a gap in our healthcare system by providing ongoing support while rebuilding the lives of survivors and their families. In the absent of post rehabilitation, many survivors fail to resume full lives, which frequently presents a major negative impact on caregivers and family members.

## **CEO Comments**

The American Stroke Foundation is a place where both staff and other participants empower stroke survivors to regain the skills and confidence necessary for successful reintegration into their families, and the larger community. Our program has been designed to put the stroke survivor on track toward restoration of a healthy life – including physical, mental and emotional health. It is the combination of socialization, peer support and unique programs and activities in a wellness center atmosphere that brings tangible results.

Sliding scale fees make it possible for all who qualify to attend the programs offered by the American Stroke Foundation. The actual cost of service would be prohibitive for most stroke survivors and their families, so our fundraising efforts are targeted at covering our operational costs so that we can provide our programming at minimal cost to participants.

Stroke is the leading cause of adult disability in the US, and there are few resources available to stroke survivors after typically meager insurance benefits are exhausted. ASF programs strive to fill that gap. We know that there are many survivors in our community who could benefit from our programs, but transportation and fear prevent many from venturing outside the home. We have begun to address this challenge by opening additional program sites in underserved areas, and hope to work with local organizations that might assist with transportation. We believe this model is critical to our success, but impossible without adequate funding. We will expand our fundraising activities in the coming year to recruit additional sponsors, submit more grants, and engage in additional outreach activities to get the word out about who we are, what we can accomplish, and how people can help us accomplish our goals of supporting increased independence among stroke survivors.

# Leadership & Staff

## Executive Director/CEO

<b>Executive Director</b>	Jane W. Savidge
<b>Term Start</b>	Sept 2014
<b>Email</b>	jane@americanstroke.org

## Former CEOs

<u>Name</u>	<u>Term</u>
Joan McDowd PhD	June 2011 - Sept 0

## Senior Staff

Dr. Dory Sabata

<b>Title</b>	Program Director
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## Staff

<b>Paid Full-Time Staff</b>	1
<b>Paid Part- Time Staff</b>	5
<b>Volunteers</b>	125
<b>Retention Rate</b>	100%
<b>Paid Contractors</b>	1

## Formal Evaluations

<b>CEO Formal Evaluation</b>	Yes
<b>CEO/Executive Formal Evaluation Frequency</b>	Annually
<b>Senior Management Formal Evaluation</b>	Yes
<b>Senior Management Formal Evaluation Frequency</b>	Annually
<b>NonManagement Formal Evaluation</b>	Yes
<b>Non Management Formal Evaluation Frequency</b>	Annually

## Plans & Policies

<b>Organization Has a Fundraising Plan</b>	Yes
<b>Organization Has a Strategic Plan</b>	Under Development
<b>Management Succession Plan</b>	Yes
<b>Organization Policy and Procedures</b>	Yes
<b>Nondiscrimination Policy</b>	Yes
<b>Whistleblower Policy</b>	Yes



## Collaborations

Bi-State Stroke Consortium. Kansas City Neurological Coalition. Greater Kansas City YMCA. Student intern programs in the fields of Physical Therapy, Speech Therapy, Social Work and Nursing with Rockhurst University, University of Kansas, University of Missouri - Kansas City, St. Mary's, Creighton University, Mississippi University, Eastern Michigan University and Washington University.

## Government Licenses

**Is your organization licensed by the government?** No

### **CEO Comments**

In 1997, Kansas City community leaders, stroke survivors, area health care providers and concerned citizens established the American Stroke Foundation to create a new model of post-stroke care for both survivors and their caregivers. The American Stroke Foundation exists to provide multi-faceted services that are dedicated to improving the quality of life of stroke survivors and their caregivers on many different levels: physical, social, psychological and economic. The ASF Board of Directors is working collaboratively with staff to meet the goals and objectives outlined in the Strategic Plan. The board recently restructured its committees and meetings to reflect the plan's Strategic Initiatives. From a financial standpoint, the board works consistently with the non-profit capacity- building model to better understand where we are today and where and what we need to do to reach a successful tomorrow. As part of that, the ASF hired a new auditing company that will work more closely with the board and the Finance Committee regarding the financial status of the organization. Additionally, as part of the strategic plan, the board is reviewing and refining policy and procedures regarding board commitment and conflict of interest as well as others such as investment, endowment and reserve funds.

# Board & Governance

## Board Chair

<b>Board Chair</b>	Mr. Richard March
<b>Company Affiliation</b>	U.S. Bank
<b>Term</b>	Feb 2015 to Feb 2018
<b>Email</b>	richard.march@usbank.com

## Board Members

<b>Name</b>	<b>Affiliation</b>
Ms. Sara Baker	Rehabilitation Institute of Kansas City
Ms. Betsy Brown	Retired, Hallmark Cards, Inc.
Ms. Micki Harrison	Community Volunteer
Mr. Richard March	PNC Mortgage
Ms. Mary Jo Morrow	Enterprise Bank & Trust
Mr. Marques Mosby	Accountant
Ms. Kathy Parker	Community Volunteer
Dr. Kimberly Poecker	St. Luke's Hospital of Kansas City, Humana
Ms. Shakeena Richards	Liberty Housing Authority
Ms. Shirley Rose	Community Volunteer
Ms. Janice Sandt	University of Kansas Hospital
Ms. Karina Shreefer	Attorney
Dr. Rakesh Vardey	University of Kansas Hospital

## Board Demographics - Ethnicity

<b>African American/Black</b>	2
<b>Asian American/Pacific Islander</b>	0
<b>Caucasian</b>	11
<b>Hispanic/Latino</b>	0
<b>Native American/American Indian</b>	0
<b>Other</b>	0

## Board Demographics - Gender

<b>Male</b>	3
<b>Female</b>	10
<b>Unspecified</b>	0

## Governance

<b>Board Term Lengths</b>	3
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<b>Board Term Limits</b>	3
<b>Board Meeting Attendance %</b>	70%
<b>Written Board Selection Criteria?</b>	Yes
<b>Written Conflict of Interest Policy?</b>	Yes
<b>Percentage Making Monetary Contributions</b>	100%
<b>Percentage Making In-Kind Contributions</b>	50%
<b>Constituency Includes Client Representation</b>	Yes
<b>Number of Full Board Meetings Annually</b>	11

## Standing Committees

Development / Fund Development / Fund Raising / Grant Writing / Major Gifts  
 Nominating  
 Special Events (Golf Tournament, Walk / Run, Silent Auction, Dinner / Gala)  
 Program / Program Planning

## CEO Comments

In 1997, Kansas City community leaders, stroke survivors, area health care providers and concerned citizens established the American Stroke Foundation to create a new model of post-stroke care for both survivors and their caregivers. The American Stroke Foundation exists to provide multi-faceted services that are dedicated to improving the quality of life of stroke survivors and their caregivers on many different levels: physical, social, psychological and economic. The ASF Board of Directors is working collaboratively with staff to meet the goals and objectives outlined in the Strategic Plan. The Board is committed to moving the Foundation forward in a positive, successful, manner. From a financial standpoint, the Board works consistently with the non-profit capacity- building model to better understand where we are today and where and what we need to do to reach a successful tomorrow.

# Financials

## Fiscal Year

<b>Fiscal Year Start</b>	Jan 01, 2016
<b>Fiscal Year End</b>	Dec 31, 2016
<b>Projected Revenue</b>	\$340,000.00
<b>Projected Expenses</b>	\$335,000.00
<b>Endowment Value</b>	\$0.00
<b>Percentage</b>	0%

## Detailed Financials

### Revenue and Expenses

<b>Fiscal Year</b>	<b>2015</b>	<b>2014</b>	<b>2013</b>
<b>Total Revenue</b>	\$302,588	\$326,304	\$347,956
<b>Total Expenses</b>	\$322,319	\$267,819	\$171,246

### Revenue Sources

<b>Fiscal Year</b>	<b>2015</b>	<b>2014</b>	<b>2013</b>
<b>Foundation and Corporation Contributions</b>	\$167,340	\$230,408	\$233,681
<b>Government Contributions</b>	\$0	\$0	\$0
<b>Federal</b>	\$0	\$0	\$0
<b>State</b>	\$0	\$0	\$0
<b>Local</b>	\$0	\$0	\$0
<b>Unspecified</b>	\$0	\$0	\$0
<b>Individual Contributions</b>	\$0	\$0	\$0
<b>Indirect Public Support</b>	\$0	\$0	\$0
<b>Earned Revenue</b>	\$37,348	\$30,401	\$31,516
<b>Investment Income, Net of Losses</b>	\$0	\$0	\$6
<b>Membership Dues</b>	\$0	\$0	\$0
<b>Special Events</b>	\$78,776	\$63,601	\$82,185
<b>Revenue In-Kind</b>	\$19,080	\$0	\$0
<b>Other</b>	\$44	\$1,894	\$568

## Expense Allocation

Fiscal Year	2015	2014	2013
Program Expense	\$284,004	\$230,555	\$149,080
Administration Expense	\$15,788	\$19,467	\$9,743
Fundraising Expense	\$22,527	\$17,797	\$12,423
Payments to Affiliates	\$0	\$0	\$0
Total Revenue/Total Expenses	0.94	1.22	2.03
Program Expense/Total Expenses	88%	86%	87%
Fundraising Expense/Contributed Revenue	9%	6%	4%

## Assets and Liabilities

Fiscal Year	2015	2014	2013
Total Assets	\$284,004	\$308,206	\$247,318
Current Assets	\$274,414	\$295,697	\$227,661
Long-Term Liabilities	\$0	\$0	\$0
Current Liabilities	\$3,852	\$7,579	\$5,176
Total Net Assets	\$280,896	\$300,627	\$242,142

## Short Term Solvency

Fiscal Year	2015	2014	2013
Current Ratio: Current Assets/Current Liabilities	71.24	39.02	43.98

## Long Term Solvency

Fiscal Year	2015	2014	2013
Long-Term Liabilities/Total Assets	0%	0%	0%

## Top Funding Sources

Fiscal Year	2015	2014	2013
Top Funding Source & Dollar Amount	Individual Donor \$10,000	Individual Donor \$96,140	Individual Donor \$97,551
Second Highest Funding Source & Dollar Amount	Individual Donor \$7,000	Healthsouth \$6,693	--
Third Highest Funding Source & Dollar Amount	Healthsouth \$6,733	Individual Donor \$5,450	--

## Capital Campaign

Currently in a Capital Campaign?	No
Goal	\$0.00
Capital Campaign Anticipated in Next 5 Years?	Yes

## Organization Comments

Providing adequate funding to sustain a small non-profit is a continuing challenge. Trying to keep overhead low has led to a recent down-sizing of our program site in Mission and dependence on volunteer staff in ways that have constrained our growth and development. We are addressing these challenges by partnering with community groups such as the YMCA to more efficiently offer our program. In addition we are actively seeking grant support to expand our outreach to urban areas of KCMO. Our plans also include adding a staff member to head up our fundraising and development activities. We have worked very hard to build our cash reserves so we can support our plans for growth. We are hoping that additional fundraising activities in 2014 will contribute to our continuing success.

## Foundation Comments

- FY 2015, 2014, 2013: Financial data reported
- Foundation/corporate revenue line item may include contributions from individuals.

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